

Passing Through the Midfield Line Dynamic SSG



Levels: U12-18+

Measurement:

Half-Pitch

Duration: 20 Mins

Players:

16

Objective:

We work on turning, passing and approaching the third stage of attack.

Description:

The 2 teams play 6v6 (+GK) in the low zone with 3 extra red players positioned behind the receiving red zone.

The 6 red players seek to retain possession and then find a way to pass the ball to one of the 3 forwards who drop back at the right time inside the red area to receive on the turn and try to score in 1 of the 2 small goals.

The white team defends and tries to win/intercept the ball, counter attack and score. The red team uses a maximum of 2 touches and the white team plays without restrictions.

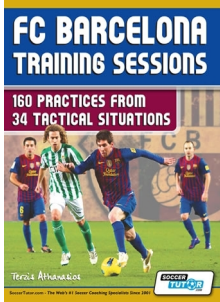
Coaching Points:

1. The players need to drop back at the right time to create superiority in numbers.
2. The players should be constantly moving and creating angles for the passing lane.

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This Drill is Taken From...

By Coach



160 Practices from 34 Tactical Situations

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Athanasios Terzis

UEFA 'B' Coach .

Equipment Needed



Space Markers



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Rubber Marker Discs



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Small Target Goals



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Training Ball



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Mini Pro Cones



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